

### Urodynamic (UDS) Enema Preparation- *Normal Saline* Enema

The *Normal Saline* enema cleans the feces (poop) from the rectum. This is part of getting ready for the urodynamic study. During the study, a catheter needs to be placed in the rectum. If feces are not removed, it blocks the catheter from going into the rectum. As a result, the study results will not be as good so it is important to follow the directions below.

**Step 1. Plan ahead.** Before the UDS, go to the drug store to buy: a) Normal Saline, b) an Enema Bulb Syringe, c) a small tube of lubricating jelly like K-Y Brand® and 4) a glycerin suppository.

**Bring this sheet with you and ask for help if needed.** You do not need a prescription.

#### Step 2. Know when and where to give:

The *Normal Saline* enema goes in the rectum.

Give this to your child in the evening on:

Two (2) nights before UDS on \_\_\_\_\_

One (1) night before UDS on \_\_\_\_\_

#### Step 3. Know how to give:

- Place your baby or child on their left side.
- Put the end of the bulb syringe in K-Y Jelly so it goes into the rectum easier.
- Use an enema bulb syringe to give \_\_\_\_\_cc's of normal saline.
- Instill the fluid slowly and gently. Try to keep your child lying on their left side for at least 5 minutes.

- Then after 5 minutes, give the Glycerin Suppository.  
Try to keep your child lying on their left side for 5 more minutes.



They will need to go to toilet soon.

Remember to give the enema and glycerin suppository on both nights before the UDS.

If you have any questions, please call the Urology Clinic Nurse at (323) 361-7559.